

GOAL

Goals and Action Steps

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I want to
<p>First things that I must do to move this goal forward:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>

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I'm Taking Ownership Over My Life

Prevention Works & Recovery is Possible

What is Reuse Prevention? Reuse Prevention helps you think ahead and plan what you can do when you find yourself in high risk situations that could lead you to return of old patterns of behavior. The goal of these action steps is to help you find alternative solutions so you may achieve your goals.

My Reuse Prevention Plan:

Some things that prompt my return to old behaviors _____

When I start to think about returning, I will _____

I will know I am vulnerable when _____

When I am close to returning to patterns of behavior, I will _____

My Support team includes _____



Do something else. Keep busy. This will pass. You've got this.

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